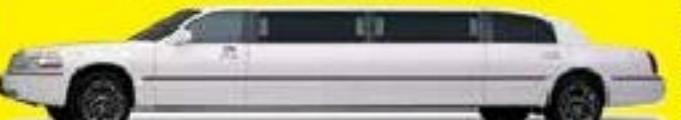


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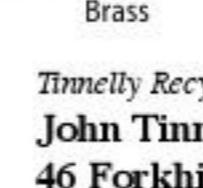
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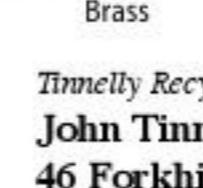
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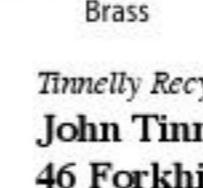
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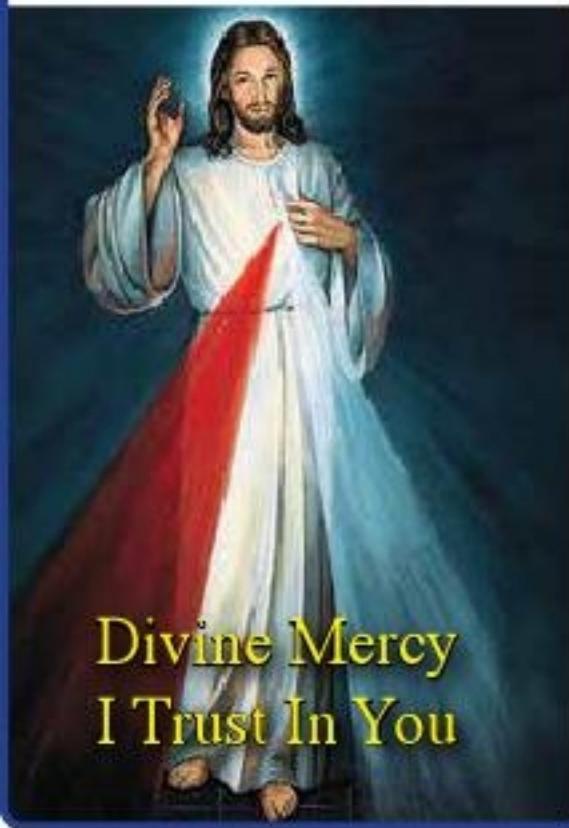
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Last month, Dougie Bell, Resident PGA Professional at Kellys Golf Centre, The Avenue, Milltown Street, Burren, was delighted to announce the arrival of a new piece of golf technology called the Trackman, which is now available for use.

The Trackman is a radar which tracks the trajectory of your golf ball from launch to landing and is the ultimate in golf swing and ball flight analysis. The ability to measure the full ball flight is essential to produce the highest quality data. The golf radar can pick up valuable information about your club head, giving a precise picture of the club during ball impact and this can exponentially improve a player's understanding of their golf swing.

The Trackman is currently used by more than 150 PGA Tour Players and is available for using during lessons with Dougie at Kellys Golf Centre, and also to hire if that is your preference.

Christmas was a busy period for all at Kellys Golf Centre. With the Junior Winter League well underway it is proving to be a very close battle with Rian Carvill (reigning champion), Matthew Lynch and Michael Colhoun all playing for the top spot. It is very commendable how all the young golfers have braved the cold and



JUSTIN ROSE
TRACKMAN OWNER

wet weather to come out every Saturday morning to play.

Recently at Kellys Golf Centre they have noted a growing number of new faces, as young and old, male and female, are availing of the practice facilities, trying out what were obviously the new golf clubs they got at Christmas.

The Junior Golf Classes will be back up and running again, after the winter holidays, on the 10th January. Prior to the winter break there was a great turnout for these classes, with plenty of young talent out on the course; and who knows, maybe in a few years we could see a young Rory McIlroy pushing up through the ranks from Kellys Golf Centre. For those interested in joining these Saturday classes, they run for 6 weeks for a cost of £30.

To keep up to date with what is going on at Kellys Golf Centre, you can check them out on Facebook and Twitter, or telephone 028 41773247.

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Get rid of your reading glasses in 2015

Make this article the last you read wearing glasses!

How much time do you spend searching around looking for your reading glasses? Why are they never where you were sure you last left them? It's such a frustration. It's an even greater frustration struggling to read the paper, a text or a simple food menu without them.

Incidents like queuing in the bank, only to realise you've forgotten them are not only frustrating but embarrassing. And, career wise, a lot of wearers will tell you about the loss of confidence, worried about looking incompetent, not being able to read documents or carry out their regular daily tasks without fumbling around looking for a pair of specs.

Presbyopia, this loss of our near vision as we get older affects us all, usually from our mid-40s, even those of us who have enjoyed perfect, 20:20 vision all our lives. Close up print becomes blurred and can be quite difficult to read without the help of reading glasses.

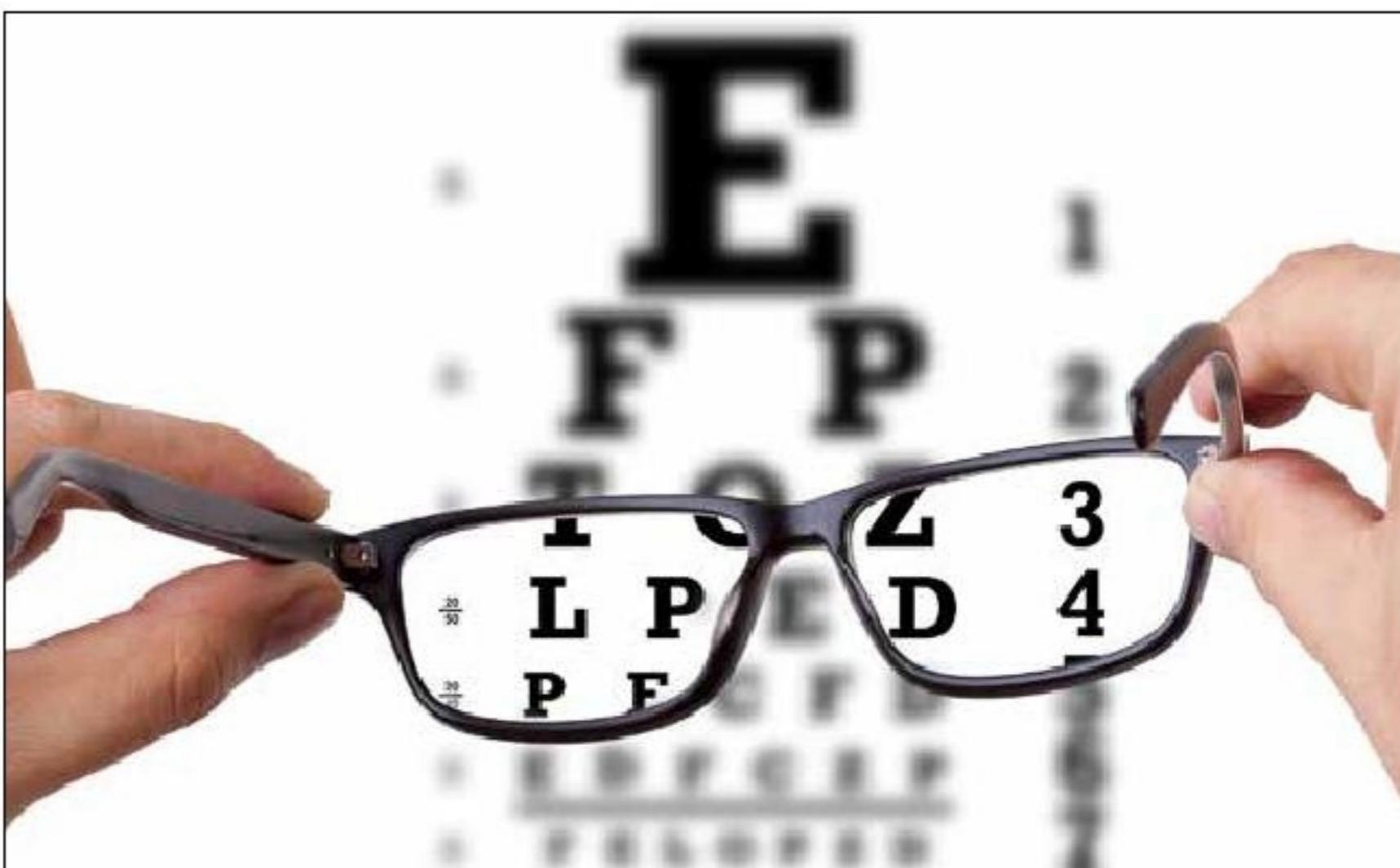
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Pamela Ballantine had the treatment this year at Optilase. She told us about her experience: "In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses. I had considered Laser



Eye Treatment for some time so I visited Optilase for a free consultation".

After surgery Pamela spoke about the life changing results "Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional - I don't mind admitting. My near vision settled and dramatically improved after the next few days. Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit). If I had some advice for anyone out there who wears specs, get it done - and get it done now! If only I had it done years ago..... My advice? Find out if you can have it done - if you are suitable, find a way to have treatment - it will change your life.....I'm glad I did!!"

Mr Wayne Crewe Brown, Surgeon and Medical Director at Optilase has over 20 years' experience and has carried out more than 30,000 refractive



procedures so you know you're in perfectly safe hands. He said "This reading glasses treatment has been in development for over a decade and means life-changing benefits for those who are dependent on reading glasses". The procedure involves a tiny in-lay, smaller than a contact lens and one-fourth the thickness of a single human hair which is placed in a small pocket in the cornea of the patient's non-dominant eye. The pocket

seals itself, holding the lens in place at the centre of the visual axis. Within hours, the patient is typically able to once again see near objects and read fine print once again, without the need for reading glasses. Why not find out if you are a suitable candidate? To book your free consultation contact Optilase on 08000 121 565 or visit www.optilase.co.uk.



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MILANO - Ham & Pineapple.....	£5.00	£6.00	£8.00
FABIO - Chicken & Mushroom.....	£5.00	£6.00	£8.00
NEW YORKER - Beef, Onion, Mushroom	£5.50	£6.50	£8.50
PEPPERONI - double pepperoni, double cheese	£5.50	£6.50	£8.50
TEX BBQ - bbq sauce, chicken, onion, peppers....	£5.50	£6.50	£8.50
MEAT FEAST - ham, pepperoni, chicken & bacon	£7.00	£8.00	£10.00
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MAC'S SPECIAL - a little of our most popular toppings	£7.50	£8.50	£11.50
BREAKFAST PIZZA	£7.00	£8.00	£10.00
CHICKEN CURRY PIZZA.....	£5.50	£6.50	£8.50
Garlic Bread	£3.00		
Extra toppings.....	50p	£1.00	
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Bacon & Cheese Burger ..	£2.30
Salad Burger	£2.30
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Large Chips	£3.00
Curry Chips.....	£2.50
Gravy Chips	£2.50
Super Chips	£2.50
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Chicken Chip Meal.....	£4.95
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Freshly battered Sausages	£1.60
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Fish Supper	£4.50
Foot Long Hot Dog	£2.00
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Drinks

Tea.....	£1.00
Coffee.....	£1.50
Latte	£1.80
Cappuccino	£1.80
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Bottles Of Juice.....	£1.20
Cans	80p
Fruit Shoot.....	0.75p
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"IF I HAVEN'T GOT, I'LL GET IT!"

The next generation of Curves has arrived at Curves Newry

Local women now have the chance to experience a superior Curves workout at Curves Newry with the arrival of our next generation state-of-the art equipment. The circuit has been redesigned to improve form and resistance and achieve better results.

Curves is famous for its Fitness Programme - a 30-minute Circuit with a Coach that works every major muscle group with strength-training, cardio and stretching. Our Body Basic circuit classes have added further variation to our members' workouts with a focus on arms, legs and core.

We invite local women to come and try the new equipment and our classes for themselves on 28th January 2015. There will be a special offer to the first 25 ladies - 50% off Service fee.

JUST A FEW EXAMPLES OF THE FANTASTIC RESULTS ACHIEVED BY OUR WONDERFUL MEMBERS:

Davia 47.75" 37lbs, Laura 19.25" 27 lbs,
Noelle 26" 27lbs, Maria 33" 28lbs,
Lisa 38.75" 42lbs, Jacqueline 39.5" 35lbs,
Shauna 33.25 37lbs.



Ciara lost 26lbs, 35½ inches and 10.3% body fat!

Curves

"Everyone at Curves Newry is looking forward to introducing community members to the new equipment at our Club and providing information on how Curves can help you achieve your health and wellness goals," said Catherine McGeown Curves Newry owner. Whether it is losing weight, increasing fitness and strength, or simply maintaining a healthy lifestyle - we can offer solutions to women of all ages and fitness levels.

The Curves owner said that the reason for Curves' success is the practical approach to women's diet and fitness that's perfectly in keeping with the modern woman's busy schedule - combined with a supportive

club environment. We invite women of all shapes, sizes and ages to lose weight, become stronger and reach their health goals at Curves.

For further information: Call us on 028 3026 2829 or come visit us at 52 Armagh Road, Newry.

ABOUT CURVES

With thousands of locations worldwide, Curves is the world's largest fitness franchise exclusive to women.

The Curves Circuit offers a complete workout in just 30 minutes that includes strength training to protect and increase muscle, cardio to burn fat and strengthen the heart and lungs and stretching to promote flexibility. While being monitored by a Curves Coach, members progress through a series of hydraulic-resistance machines that are designed to work every major muscle group.

CurvesSmart, a state-of-the-art personal coaching system, helps keep members on track by providing customized instant feedback and progress reports detailing muscles worked, calories burned, and more. It motivates and increases the challenges on an ongoing basis.

Backed by extensive research, Curves Complete has been shown to reduce fat, increase lean muscle, boost metabolism and help dieters lose weight and maintain weight loss. Each Curves Complete Coach has completed a certification programme developed in conjunction with Cleveland Clinic, (<http://my.clevelandclinic.org>) one of the top rated hospitals in the world.

The Curves Complete Meal Plan is a three-phased personalized, customizable meal plan that encourages lean proteins, healthy fats, fibre and 'good' complex carbohydrates.

Coaching is at the heart of the programme. Curves Complete participants meet weekly with their Curves Complete Coach to receive a convenient, easy to follow plan, including food choices for each meal and snack, exercise goals, water and vitamin goals and a 'daily dose' of motivation goals.

DISCOVER WHAT'S NEW at Curves



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Curves
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Rebrand for local charity

South Down Family Health Initiative have been working across South Down and South Armagh for over 10 years supporting individuals and families in times of crisis, illness, financial difficulties or social exclusion. Over the past two months we have gone through a transformation; moving from our small terraced house in Warrenpoint to taking on a large three floored building in the middle of Monaghan Street Newry. At the same time we have rebranded and changed our name

to SPACE (Supporting People and Communities Everyday).

Our aim here at SPACE is to reach out to individuals and families in need, helping them find strengths, overcome difficulties and build better futures. Our work can be very practical - help with transport, homework clubs, parenting programmes, practical help with childcare/household management or may involve a range of more complex help where situations are more challenging. We understand that

family life is not always easy, life events like birth, death, depression, redundancy, separation, illness, abuse or financial problems all put stress and strain on family life and relationships.

We are the lead organisation for the Newry and Mourne Family Support Hub working with a range of statutory and voluntary organisations to identify solutions for families who are going through tough times. All our families live within South Down, South Armagh and rural Craigavon.



New charity shop opened at Love Your Space, Monaghan Street Newry



Love Your Space is our stylish shop which sells a range of upcycled furniture, pre-loved clothing, local crafts and gifts. Situated right in the middle of Monaghan Street (beside Dunnes Car Park and next door to McCooeys Café and Younique), Love your Space is handy for a quick browse and pick up a little going out dress, a handbag or even a beautifully upcycled vintage dressing table. All income generated by "Love your Space" is reinvested into the charity to support the work that we do with families and individuals.

We gratefully accept donations of clothing, furniture, jewellery, handbags or bric a brac; so if you are having a post Christmas clear out please think of us.



Great News! MARA Maximising Access to Services, Grants and Benefits in Rural Areas has been extended!

Since April 2012 we have visited over 1300 homes across rural South Down, South Armagh and Craigavon and the good news stories from householders who had a MARA visit last year are pouring in.

One local man is now substantially better off after he was awarded and backdated pension credits. He was also awarded £1,500 in rates relief and through a Warm Homes referral; he had cavity wall and roof insulation installed. He has also been offered £700 grant towards a new boiler.

Another local had loft and cavity insulation installed in her home as well as a whole house heating system. She is also £70 better off each week after being awarded pension credit.

Numerous householders have had boiler grants of £1,000, £700 and £500 while over 200 householders were referred for Occupational Therapy referrals with almost half of these having measures installed to keep them safe in their homes..

The MARA scheme is open to anyone living in rural South Down, South Armagh, and Craigavon.

If you feel that you or a friend, family member or neighbour would like a free MARA visit contact Allison or Anouska at SPACE on (028) 3083 5764 to arrange a free home visit. All information received will be strictly confidential and only shared with the relevant agencies after your approval.



To book a visit please complete the following and return to:
SPACE, 24 Monaghan Street, Newry, BT35 6AA

Name: _____

Address: _____

Postcode: _____

Date of Birth: _____

Phone Number: _____

To Access this FREE service contact
Allison or Anouska on:
028 30835 764

SPACE Outreach - Helping you get fit, feel well and get connected

SPACE also offer a range of physical activity programmes and wellbeing programmes. These programmes range from Pilates, circuits, aqua aerobics, gentle gym and walking groups. They are especially beneficial to older people or anyone returning to

exercise after illness. Our coaches are highly trained and experienced at delivering programmes to fit the needs of the individuals. If you would like to get involved in these programmes contact us on (028) 3083 5764 for more information.

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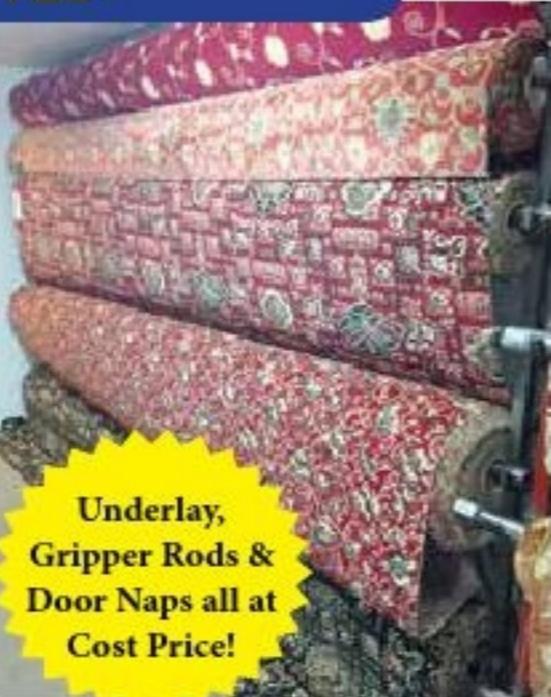


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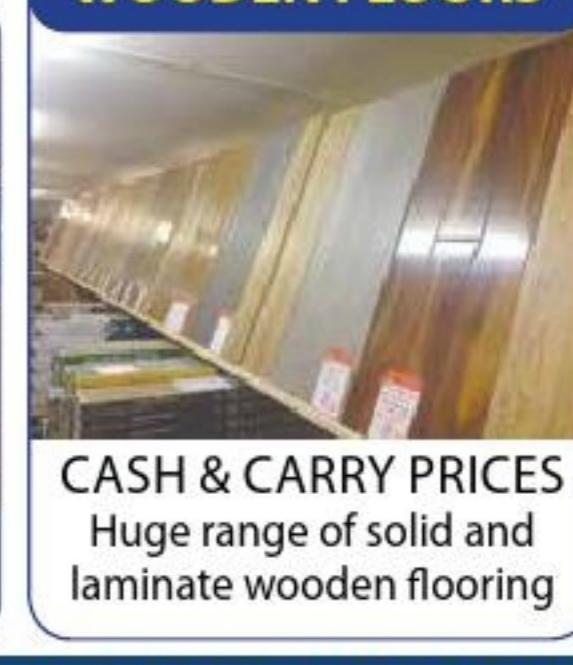
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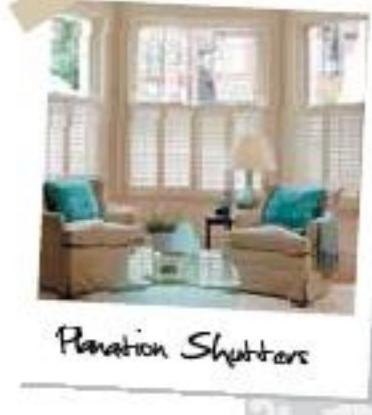


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Breaking the cycle of depression - for good!

Depression is now the number one psychological disorder in the Western World. Tragically it is growing fastest among young people. Crippling depression results from too many pressures and worries occurring simultaneously. The consequences can be soul destroying for the depressed person. They may become isolated from their friends and family. Motivation is lost. Relationships suffer. Mood is constantly low. For some, self-harm or suicide may seem the only option. But it doesn't have to be that way! Human Givens psychotherapists are well equipped to help depressed individuals recover quickly, permanently and in very few sessions.

Even though a depressed person seems super-calm, almost in a trance, they are in fact highly emotionally aroused. They never stop worrying. So initially the psychotherapist helps the person to calm down so that they can think clearly about their situation instead of worrying. Secondly they help the depressed person to identify and find solutions to whichever of their life's needs that are missing.

The depressed individual will be worrying about something in their life that is not working properly, perhaps financial difficulties, or a difficult relationship or pressure at work, or some threat. When a combination of events occurs



simultaneously, a person may begin to worry excessively and become highly anxious.

Excessive worry and the fear which it induces, puts huge pressure on the dreaming function of the brain during sleep. We now know that people dream at night to de-arouse their highly-charged emotions. We normally have two hours of dream (REM) sleep per night to de-arouse our mental "software", and 5-6 hours of restorative sleep to recharge our bodies with energy. Depressed individuals dream for many hours each night and so do not get enough restorative sleep, so often wake up feeling exhausted. They may thus achieve little the next day, causing even more worry, more depletion, and depression.

Fortunately, Human Givens

psychotherapists can help clients break this cycle of worry, sadness and anxiety very quickly. They have helped people, depressed for 20 years or more to recover completely within weeks and months. The majority of recovered clients no longer need anti-depressants or tranquilizers.

There are some basic tools for breaking the cycle of depression; 7:11 Breathing - Making the out-breaths last 1/3 longer than the in-breath quiets the mind; Exercise - 30 minutes five times per week - raises our mood; Solutions - Spending time thinking about solutions, when the high emotional arousal has been lowered. The psychotherapist will assist the client with these and teach other tools that can break the cycle of depression for good.

If you have a consistent and/or recurring low and depressed mood, consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice and works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment or talk with Paul, call 077 3973 1424.

For more information see www.paulgranthgtherapy.com.

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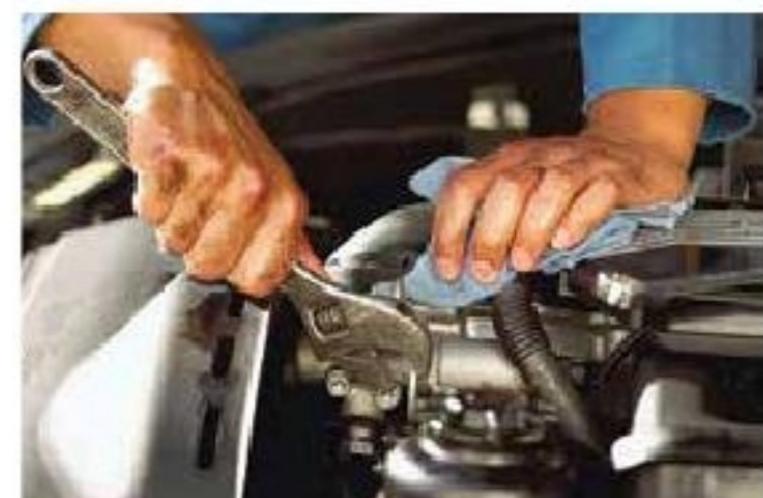


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Dr. James Urquhart MA Dip Psych MBA Ph.D Clinical Psychotherapist/Counsellor The Newry Clinic

If you feel that an emotional problem is affecting the quality of your life, I can help to make things better.

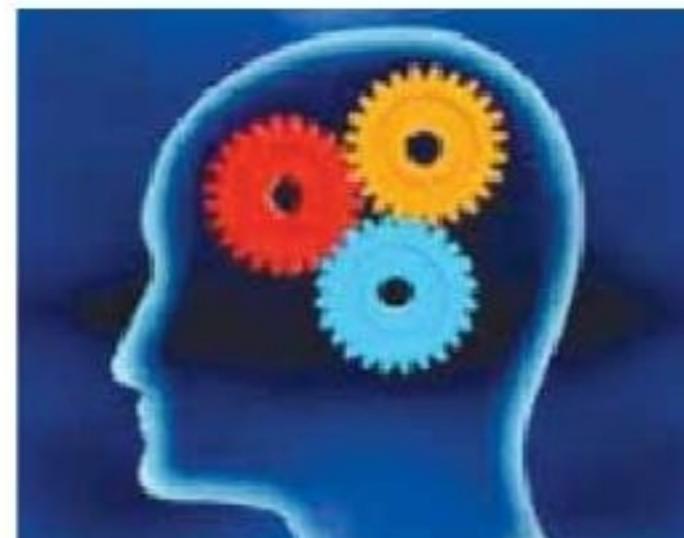
- You may be stuck in **depression** and feeling there is no way out; what memories or feelings are such weights on your shoulders that they prevent you facing life?
- You may be suffering **deep anxiety and panic** with unbearable worry or fear preventing you from engaging with life.
- You may be experiencing **toxic relationships** at home or at work and cannot find a way out.
- You may be severely **stressed or burned out** by expectations that you cannot meet. Do you wonder why you cannot cope?
- You may be traumatised by present or historic **emotional, physical or sexual abuse**. Do you want your voice to be heard?

If you are suffering from any of these emotional problems, or related ones, like **addiction, bereavement or post-traumatic stress**, you are not alone.

Help is available at The Newry Clinic with a private, confidential consultation and a range of proven and effective treatment therapies.

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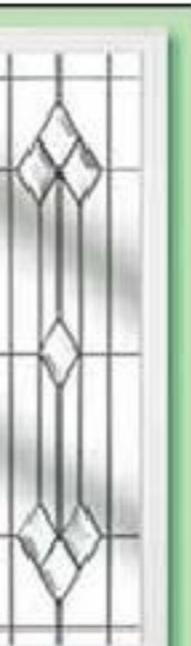
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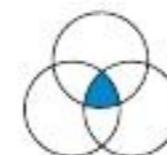
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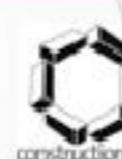
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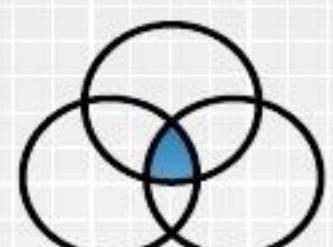
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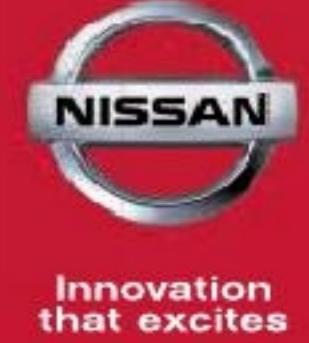
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The official fuel consumption in mpg (l/100km) and CO₂ emissions (g/km) for the **2008** range are: Urban 36.7–68.9 (7.7–4.1), Extra Urban 58.9–78.5 (4.8–3.6), Combined 47.9–74.3 (5.9–3.8) and CO₂ 135–98; for the **308** range are: Urban 28.0 – 64.2 (10.1 – 4.4), Extra Urban 50.4 – 78.5 (5.6 – 3.6), Combined 38.2 – 70.6 (7.4 – 4.0) and CO₂ 171 – 98 and for the **3008** range are: Urban 30.7 – 62.7 (9.2 – 4.5), Extra Urban 53.2 – 70.6 (5.3 – 4.0), Combined 42.1 – 67.3 (6.7 – 4.2), CO₂ 155 – 110.

*Nil advance payment subject to availability and on selected 308 models only. Information and offers correct at time of going to press, however Peugeot Motor Company PLC reserve the right to change these at any time and without notice. Models shown are for illustrative purposes only. For full terms and conditions, please contact the Peugeot Motability line on 0845 945 5466. Calls may be recorded for training purposes.



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Official Fuel Consumption in MPG (l/100km) and CO₂ emissions (g/km) for the 208 Range are: Urban 51.4 – 67.3 (5.5 – 4.2), Extra Urban 72.4 – 85.6 (3.9 – 3.3), Combined 62.8 – 78.5 (4.5 – 3.6) and CO₂ 104 – 95 (g/km).

MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. Model shown is a 208 Access+ 1.0 VTi 68 Puretech 3 door. Terms and conditions apply, participating dealers only or visit www.peugeot.co.uk. To finance your lease/purchase we may introduce you to a limited number of lenders. #Passport Personal Lease: A guarantee may be required. Over 18's only. Written quotations available on request from Peugeot Financial Services, Quadrant House, Princess Way, Redhill RH1 1QA. 208 Access+ VTi 68 Puretech 3 door, customer initial payment £159, including £1,850 customer saving, optional final payment £4,910. 36 monthly payments payable. Annual mileage 6,000 miles. If you choose to pay the optional final payment, you can pay an annual payment equivalent to one of your monthly payments but will not own the car. Excess mileage charges may apply. Ownership is possible with Passport - ask us for details.

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